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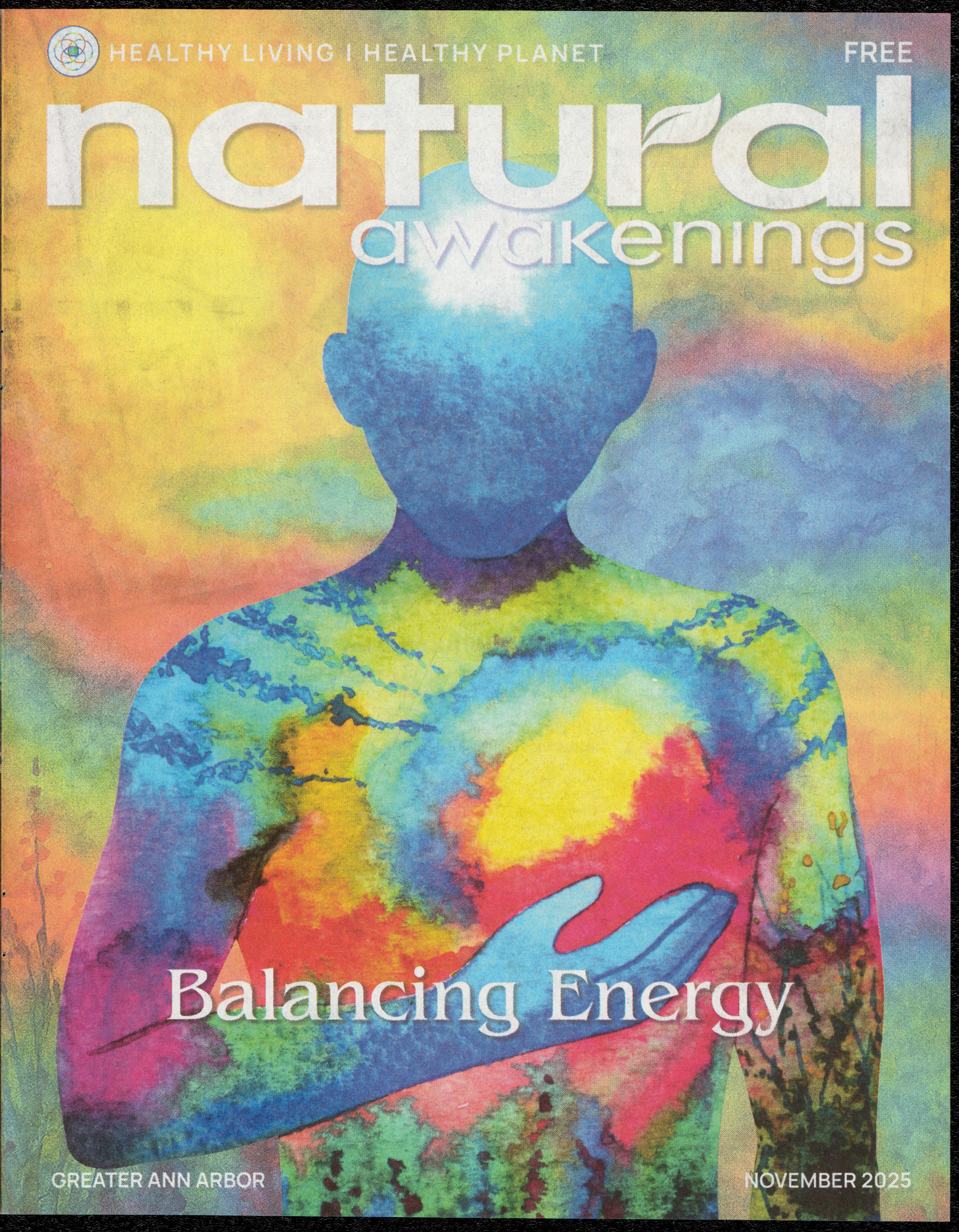

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NOVEMBER 2025

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Balancing Our Energies

As the days grow shorter and we transition into winter's stillness, this season invites us to slow down, listen and bring balance to our energies. This month's edition is overflowing with insights, inspiration and practical tools to support that process—a true collection of resources to help you realign, recharge and restore your sense of harmony.

For me personally, this past year has been a deep journey of rebalancing—physically, emotionally and spiritually. After the passing of my son, I've spent many months learning to live with the quiet, to sit with the ebb and flow of grief, and to rediscover joy in the smallest, most peaceful moments. I'm finally finding myself on the other side of that experience, emerging with a deeper appreciation for the importance of frequency—of tuning our energy to peace and love.

Every day, I try to set the tone early: gentle music (Chopin is a favorite), mindful breathing and a few minutes of stillness before the day begins. These rituals remind me how vital it is to protect and elevate our frequency. The spaces we create around us play a powerful role in this, too. Our home has become a sanctuary of natural materials—wood, glass, stone and metal—all free of harsh synthetics and microplastics. Little by little, we've replaced the artificial with the authentic, and it's made a remarkable difference in how we feel. There's something truly restorative about being surrounded by what the Earth has made.

We also find balance by keeping the outdoors close—opening windows for fresh air, filling rooms with natural light and bringing in living plants. A clutter-free home has become our creative space, where inspiration flows more easily and peace takes root. Because when you live and work together as we do, harmony becomes both a choice and a practice.

As we move into the quiet months ahead, may you take this time to listen to your body, your heart and your home. Let nature's rhythm guide you. Breathe deeply. Light a candle. Savor a warm cup of tea. And remember, balance isn't a destination—it's a daily act of love.

Here's to peace, harmony and high-frequency living.

Trina & John

HEALTHY LIVING HEALTHY PLANET

natural awakenings

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Advertising & Submissions

Natural Awakenings is a network of natural lifestyle magazine publishers empowering local communities with knowledge, resources and connections to lead healthier lives on a healthy planet.

Historic Dexter Building Becomes a Hub for Holistic Health

A new cooperative natural health center recently opened in Dexter, an offering a welcoming space for holistic practitioners and the community alike. Founded by Mary Light, ND, MH LMT, the center is located at 3255 Central Street within the town's storied honey house building. The center invites practitioners to rent space and collaborate in advancing natural health and wellness in the region.

Designed to serve Dexter's growing population including its outlying areas, the center fosters connection, education and personalized care. With seasonal discounts, health services and ongoing opportunities for community engagement, the center bridges time-honored healing traditions with the needs of a modern mindful clientele.

The building itself provides an ambiance steeped in history including an outdoor porch ideal for casual conversation and deeper community ties. Light emphasizes the importance of creating a space where people feel grounded and nourished physically, emotionally and spiritually. "Health is wealth," she notes, quoting a sentiment shared by many cultures and generations.

An open house is planned for December with the date to be announced. The event will offer guests a chance to explore the space, meet practitioners and learn more about the center's mission. Those interested in joining or utilizing the space are encouraged to reach out directly.

Location: 3255 Central St., Dexter. For more information, call 734-769-7794 or email nshaassociates@gmail.com. *See ad page 27.*

Healing Center Cultivates Community and Personal Growth Through Holistic Offerings

Angel Whispers Healing Center, located in Dexter, provides a sanctuary for individuals seeking emotional, physical and spiritual healing. Through a range of integrative services and community-based experiences, the center fosters self-awareness and helps participants address behavioral patterns rooted in past trauma.

The center's services span multiple healing modalities. These include energy healing such as reiki and Emotional Freedom Techniques (EFT), guided meditation, sound bath meditations and vibrational sound healing. Workshops and retreats support deeper exploration while spiritual direction with Dan McConnell offers one-on-one insight. Reverend Vicky Lovell leads Living RED worship, cultivating a sense of belonging through spiritual expression. The center also officiates weddings, funerals and baptisms.

Angel Whispers emphasizes self-care with offerings such as a massage chair, vibroacoustic breathwork table and Migun bed. Michelle Chute of Second Hands Healing provides therapeutic massage. Guests can browse a boutique that showcases handcrafted items from local artists, extending the center's mission of community support and creative connection.

In celebration of its third anniversary, Angel Whispers Healing Center will host a tea party event from 2 to 4 p.m., on November 11, featuring handcrafted herbal teas, treats, movement classes and practitioner meet-and-greets. All ages are welcome.

Location: 3045 Baker Rd., Dexter. For more information or to make an appointment, visit AngelWhispers.org.

Integrative Healing Supports Nervous System Regulation

Julie Kouyate

Kouyate Healing Arts, in Ann Arbor, offers a unique blend of alternative and holistic health services designed to help individuals reconnect with their inner peace and reclaim balance in daily life. Founded by Julie Kouyate, the practice centers on deep transformation through therapeutic touch, somatic awareness and guided breathwork.

Kouyate brings a compassionate presence to her work, supporting clients who feel overwhelmed or disconnected. Her approach helps individuals return to the present moment and rediscover their inherent sense of wholeness. By blending massage, trauma-informed breathwork and body-mind somatic coaching, she creates personalized sessions that meet clients where they are—physically, emotionally and energetically.

In addition to one-on-one services, Kouyate Healing Arts hosts retreats and special events that invite participants to explore healing in community. These experiences offer space for reflection, nervous system regulation and embodied connection.

Kouyate's philosophy centers on the belief that healing happens when individuals feel seen, safe and supported. Her integrative offerings are rooted in presence, body awareness and the transformative power of touch and breath.

Location: 1829 W. Stadium Blvd., Ann Arbor. For more info or to make an appointment, call 734-330-7903 or visit KouyateHealingArtsLLC.com.

Reiki and Energy Medicine Offered in Dexter

Danielle Groth

Individuals navigating anxiety, trauma, chronic illness or cancer—or those in need of compassionate end-of-life support—can now access a range of holistic healing services in a calming and supportive environment. I Am Well offers energy medicine and spiritual care modalities that bring balance and relief in a gentle, noninvasive way.

Danielle Groth, a Holy Fire III and Medical Reiki Master, certified EFT practitioner and Licensed Vibrational Sound Therapist, brings a deep well of experience to her integrative practice. She serves clients of all ages throughout Dexter, Ann Arbor, Saline and surrounding areas. Sessions are available in-office and on location, including collaborations with yoga studios, wellness events and private gatherings.

At I Am Well, healing services include reiki, Emotional Freedom Technique (EFT), Vibrational Sound Therapy and guided meditation. These practices work to calm the nervous system, regulate energy flow and support the body's natural healing capacity. For those facing serious health challenges, Groth offers trauma-sensitive care and spiritual support designed to meet clients wherever they are on their healing journey.

As a partner of Angel Whispers Healing Center, I Am Well provides an inclusive space where individuals can reconnect with inner peace, clarity and well-being.

Location: 3045 Baker Rd., Dexter. For more information or to make an appointment, call 734-604-6938 or visit IAmWellReiki.com.

Organic Hair Studio Offers Natural Beauty Services

Amber Kessler

Naturally Raw Hair offers holistic hair care services using natural, organic and non-toxic products. Located within Sola Salons in Ann Arbor, the studio specializes in haircuts, natural color treatments, bridal styling, makeup and waxing services, all performed in an environment that prioritizes wellness and clean beauty.

The studio was founded in 2015 by licensed hairstylist Amber Kessler who has more than 15 years of professional experience. After training at the Douglas J. AVEDA Institute and spending a decade with Aveda, Kessler opened her own space with a focus on conscious beauty and individualized care. Each service is designed to enhance natural features while avoiding harsh chemicals, synthetic fragrances and toxins commonly found in conventional salon products.

Bridal services include on-site or in-studio hair and makeup sessions, with a focus on elegant, long-lasting looks using skin-friendly products. Haircuts and color are tailored to each client's hair type and aesthetic goals using plant-based dyes and gentle formulations.

Clients seeking a clean beauty experience find Naturally Raw Hair to be a supportive and welcoming setting. The studio offers personalized consultations to align services with client needs and also provides gift card options for those interested in sharing a healthy beauty experience.

Location: 3050 Washtenaw Ave., Ste. 205, Sola Salons, Ann Arbor. For more information or to make an appointment, call 734-383-0103 or visit AmberKessler.GlossGenius.com.

Holistic Psychotherapy Supports All Ages in Emotional Wellness

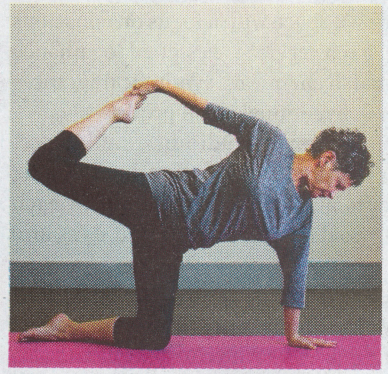
Holistic Therapy and Wellness, in Ypsilanti, offers a compassionate, community-rooted approach to mental health for individuals of all ages. The practice combines traditional psychotherapy with collaborative, strengths-based treatment strategies that help clients build healthier habits and improve overall well-being.

Founded on the belief that healing is possible through self-awareness and support, the clinic provides therapy sessions tailored to the unique needs of each client. Sessions are designed to uncover personal challenges and equip clients with practical tools to face life's obstacles with greater resilience and optimism.

Therapists at Holistic Therapy and Wellness support clients in developing new perspectives, cultivating emotional balance and creating lasting change. Whether working through anxiety, depression, trauma or life transitions, the focus remains on empowering individuals to live more connected, purposeful lives.

The clinic also emphasizes the importance of community in the healing process. Clients are encouraged to view the space not just as a treatment setting, but as a wellness village—a supportive environment where mental health is nurtured and progress is celebrated.

Location: 813 E. Michigan Ave., Ste. 201, Ypsilanti. For more information or to make an appointment, call 734-288-8097 or visit HolisticTherapyAndWellness.health.



Yoga's Role in Preventing Memory Loss

Kundalini yoga focuses on personal growth and spiritual connection through movement, breathing, meditation and sound in the form of mantras or chants. A 2024 study in *Translational Psychiatry* examined its potential to help older women at risk for memory problems and dementia.

The study involved 63 women aged 50 and older that were experiencing early memory decline and increased dementia risk due to conditions like high blood pressure or diabetes. Participants were randomly assigned to either a kundalini yoga group or a memory enhancement training (MET) group. The MET group performed verbal and visual memory-building exercises. All of the women met weekly with an instructor and practiced for 12 minutes daily at home over 12 weeks.

The yoga group reported greater improvements in how they felt about their memory. Gene testing showed beneficial changes in biological pathways linked to aging and inflammation in the yoga group, which were absent in the MET group. Additionally, levels of a harmful inflammation-related protein rose in the MET group but remained stable in the yoga group.

Brain scans of a subset of participants indicated that the yoga group experienced increased brain size linked to memory, as well as enhanced connectivity between memory-related brain regions, while the MET group showed shrinkage in these areas.

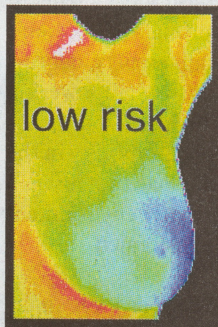
Meditation for Pain Relief

Researchers at the University of California San Diego and Dartmouth College used advanced brain imaging and artificial intelligence to study how various interventions influence the brain's perception of pain. The 2025 study, published in *Biological Psychiatry*, analyzed data from two previous trials involving 115 healthy adults randomly assigned to one of four groups.

The mindfulness meditation group was taught breathwork and how to observe their thoughts and feelings without judgment. The sham-mindfulness group did not receive proper mindfulness instructions. The placebo cream group received a cream without active ingredients. The control group listened to an audiobook. Each group completed four, 20-minute sessions of their assigned activities, followed by brain scans while pain was applied to their leg.

The researchers discovered that mindfulness meditation significantly reduced pain intensity and unpleasantness more than the other groups. Brain scans revealed that mindfulness meditation decreased activity in neural patterns associated with both physical pain and emotional response to pain.

These findings suggest that mindfulness meditation reduces pain by directly altering sensory and emotional pain processing in the brain, whereas the placebo effect changes pain expectations. Further research is needed to confirm that mindfulness meditation can produce similar results for people with chronic pain.



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Veterans Embrace Natural Remedies for Chronic Pain

A recent survey by the U.S. Veterans Health Administration, published in the journal *Global Advances in Integrative Medicine and Health*, found that military veterans widely use natural products for chronic pain. Of the 52 veterans surveyed, 67 percent used prescription non-opioid medications for their chronic pain, 15 percent used opioids and 17 percent did not use prescription pain drugs. The natural products used included vitamins and minerals (94 percent), herbal or botanical supplements (60 percent) and cannabis (40 percent). One-third of the veterans replaced their prescribed pain medications with natural products.

Approximately half of the veterans were concerned about possible interactions, but only about half of those discussed their use of natural products with a healthcare provider. Nearly all veterans believed providers should discuss the use of natural products with patients to prevent harm. The study highlights a communication gap between patients and providers, with a need for better information. Researchers recommend improving provider knowledge and patient communication to support safer and more effective pain management for veterans.

Pesticides and Pregnancy Outcomes

Pesticides disrupt endocrine function, potentially interfering with reproductive health. A 2018 study in *JAMA Internal Medicine* investigated the impact of pesticide exposure on pregnancy outcomes in women undergoing assisted reproductive technologies (ART) such as in vitro fertilization and sperm injection.

The study included 325 women that completed diet assessments and underwent 541 ART cycles over 10 years. Researchers discovered that women consuming more than 2.3 servings daily of high-pesticide-residue vegetables had an 18 percent lower chance of clinical pregnancy and a 26 percent lower chance of live birth compared to those eating fewer than one serving daily of the same vegetables.

Remarkably, women consuming more high-pesticide-residue vegetables had lower pregnancy and live birth chances than those eating fewer servings of any vegetables, highlighting the need to consider pesticide content in foods, not just their nutritional value, when trying to conceive.

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Invisible Stressors in the Modern Home

Simple Lifestyle Changes for a Healthier Electromagnetic Environment

by Rachel Cara

As wireless technologies weave ever more tightly into modern life, a quiet, but growing awareness is spreading—one that links invisible energy fields to subtle and sometimes serious health disturbances. Although unseen, electromagnetic frequencies (EMFs) emitted by Wi-Fi routers, Bluetooth devices, mobile phones and smart home systems are fast becoming recognized as a pervasive environmental stressor.

Many people are only just beginning to notice the toll that constant EMF exposure may take. For others, the effects are already personal—disrupted sleep, nervous system strain and a general sense of unease they struggle to explain. While not everyone experiences symptoms, researchers and wellness professionals are increasingly pointing to the benefits of proactive exposure reduction as a meaningful step toward long-term health.

Simple shifts in how people engage with everyday devices can yield protective benefits. At night, powering down Wi-Fi routers helps minimize the nervous system's exposure during the body's natural repair cycle. Similarly, turning off Bluetooth functions and limiting mobile phone use near the body reduces the radiation load significantly. Speaker phone or corded headsets are far safer alternatives to holding a device to the head. Wireless earbuds, though convenient, may place transmitters dangerously close to the brain, prompting some to return to traditional wired options.

Device placement also matters. Phones stored in front pockets or bras continue to emit signals even on standby. And during times of weak reception—when a phone displays just one or two bars—it ramps up its output, sending stronger pulses of radiation in an effort to stay connected. Experts recommend placing phones on airplane mode when not in active use, especially overnight. Ideally, they should be kept across the room far from the bed where they won't interfere with the body's regenerative sleep cycles.

The home environment plays an equally important role. Metal bed frames and spring mattresses may act as conductors unintentionally amplifying wireless frequencies during the hours when the body is most vulnerable. Replacing them with wooden alternatives and non-metal mattresses can support a more restful and restorative sleep.

These thoughtful changes form the backbone of a growing movement toward electromagnetic hygiene—a practice of reducing exposure to non-ionizing radiation in ways that are accessible and immediate. While going entirely off-grid is not feasible for most, many find they can recover from daily exposure more effectively when their home becomes a low-EMF refuge.

For those seeking professional guidance, Good Waves EMF Investigator, based in Michigan, offers in-home consultations to measure EMF levels and identify specific sources of radiation. With a mission to support healthier living through electromagnetic compatibility, the team provides assessments and practical solutions from shielding a single room to addressing whole-house concerns.

As the digital age accelerates, so does public interest in the unseen forces shaping our well-being. With awareness and simple actions, individuals can begin to reclaim control of their environment and reconnect with what truly supports health.

Rachel Cara, founder of MI EMF Investigator, offers specialized in-home surveys to identify and mitigate exposure to wireless radiation, serving all of Northern Michigan. For more information, call 231-714-0477 or visit EMFInvestigator.com.

Where Frequency Flows Healing Follows

Holistic Wellness Spa Offers Profound Energy Healing for Mind, Body and Spirit

At Universal Energy Wellness Spa, energy healing is more than a service—it is a gateway to holistic transformation. Located in the heart of Plymouth, the spa offers a serene environment where clients are guided into deep states of balance and clarity through gentle intuitive energy therapies that honor the body's innate wisdom.

Christine Bridges, a medical intuitive and licensed massage therapist, leads each session with over 15 years of experience in supporting clients through emotional and physical healing. Rooted in the belief that "each body holds the key to its own healing," the spa's approach is both compassionate and empowering, integrating spiritual insight with grounded hands-on care.

Energy healing sessions are held in a peaceful, plant-filled space designed to calm the senses and support full-body restoration. Clients are welcomed into a tranquil room where light, sound and subtle touch work in harmony to encourage the body's natural healing processes. "Future medicine will be the medicine of frequencies," Einstein once said—an ethos echoed in every session offered at Universal Energy Wellness Spa.

Reiki Energy Healing is a deeply relaxing modality that works with the body's light channels to dissolve energetic blockages. Crystals are placed nearby to help draw out stagnant or negative energy, reducing inflammation and promoting clarity. Clients remain fully clothed on a comfortable table while soft lighting and therapeutic stillness enhance the flow of healing energy.

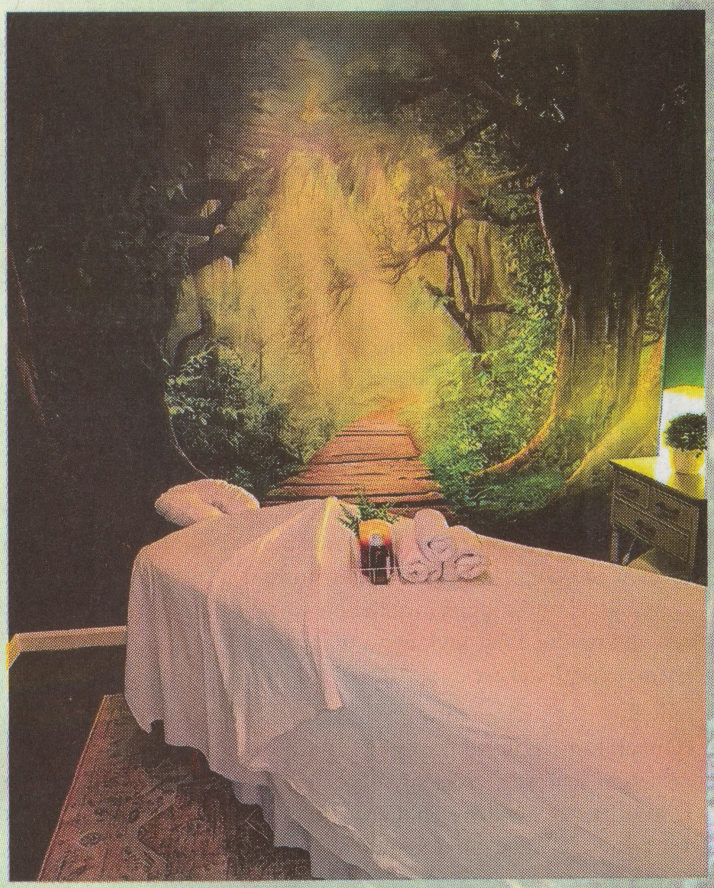
Cranial Rhythm Balancing accesses the body's cerebral spinal fluid rhythm using gentle touch. The method induces a parasympathetic response that can ease nervous system dysfunctions and relieve conditions such as TMJ, sciatic pain and chronic headaches. This modality is particularly beneficial when combined with therapeutic massage.

The Initial Energy Healing with Medical Intuitive session includes energetic organ alignment, structural assessment, trauma release, chakra balancing and suggested herbal or homeopathic remedies. Clients often experience insights through past life regression or frequency therapies tailored to support their healing path. Each session begins with a thoughtful intake and concludes with follow-up support through text or email.

Follow-up sessions, offered as Subsequent Energy Healing with a Medical Intuitive, delve deeper into physical and emotional patterns, exploring new layers as the client is ready. With continued intuitive guidance, these sessions offer recalibration and realignment through advanced energy techniques.

In addition to private sessions, Universal Energy Wellness Spa now offers an Organic Natural Facelift massage, a rejuvenating facial treatment that stimulates blood flow and supports lymphatic drainage. This therapeutic experience, led by the spa's new esthetician, includes an hour and fifteen minutes of specialized facial massage techniques designed to lift and tone the skin naturally. A 90-minute option is also available, adding an enzyme mask and full facial to further enhance glow and promote cellular renewal. This holistic facial not only revitalizes the complexion, but also nurtures deep relaxation and inner balance.

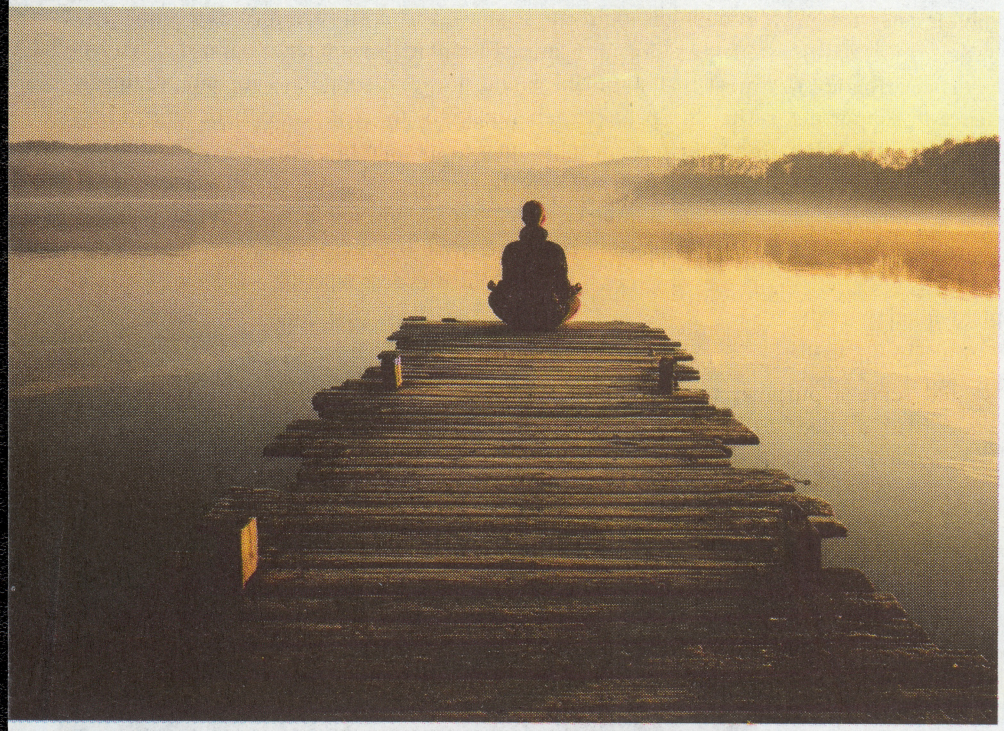
Location: 445 S. Harvey Ste. 22, Plymouth. For more information, to make an appointment or to register for the Fall Activation Retreat, call 734-934-7271 or visit UniversalEnergyWellness.com.



The Burnout Reset

Whole-Body Recovery for the Season Ahead

by Hannah Tytus



It's six o'clock in the evening, and the sun has already set. The body is whispering for a warm cup of tea and rest, yet the to-do list stretches on: emails and carpools, fundraisers and school practices, appointments and dinner still to be cooked. The desire for rest is overridden by our self-imposed need to get it all done. The colder season, however, brings an opportunity to shift how we see rest and productivity, inviting us to move in harmony with the cycles of nature.

"Our culture has fed us the myth that we can grow and achieve ceaselessly," explains Kari Leibowitz, Ph.D., a psychologist, speaker, workshop facilitator and author of *How to Winter*. "The idea that this growth is linear and steady, with no breaks, is a myth and a fantasy. So much of the winter woes and the burnout of the season comes from a mismatch between our natural rhythms, our expectations and the demands of the world. Winter is an invitation to slow down."

Lost Wisdom of Seasonal Living

As with every other living being, we are intimately connected to nature's cycles. "We are animals, and we live on a planet. And almost every other living thing on this planet changes its behavior with the seasons," observes Leibowitz. "Because we have electricity, artificial light and calendars, we have deluded ourselves into thinking that we can—and should—maintain the same routines and productivity levels year-round."

This spirit of connectedness is echoed by Shamini Jain, Ph.D., adjunct professor at the University of California San Diego, founder of the Consciousness and Healing Initiative, and author of *Healing Ourselves: Biofield Science and the Future of Health*. "When we own that we're part of a universe that has its ebbs and flows, we pay attention to the seasons," she notes, adding that Indigenous medicine and wisdom have long honored natural cycles, seeking to answer the same question we ask ourselves today: "How can I show up and be most efficient in my service?"

This ancient orientation toward seasonal rhythms is not just a philosophical concept. Anthropological studies suggest that our ancestors likely slept more in the cooler months, falling asleep soon after sunset and rising before dawn. They got the most sunlight in the morning, aligning their body's cycles with temperature and light cues provided by nature. Contrast this with modern life, where we stay active well after dark, are exposed to sleep-disrupting blue light, wake with alarms and regulate our environment with thermostats that erase natural temperature shifts. By structuring our lives around modern demands, we resist nature's rhythms. The result, says Jain, is chronic stress, fatigue and burnout.

Modern Stressors

As autumn transitions into winter and the holidays approach, many of us face greater

demands to cook, shop, perform, travel or coordinate complex schedules, yet our resources of time and energy remain the same—or even ebb—as daylight hours shorten and our bodies naturally slow down and produce less vitamin D because of a decrease in sunlight exposure.

"Whenever demands exceed resources, we become stressed," says Dr. Sharon Grossman, physician and author of *The Burnout Solution*. Chronic stress has a cumulative effect on our bodies, causing what is known as an allostatic overload, which, according to Yale Medicine, can lead to emotional exhaustion, cynicism, detachment, reduced creativity, brain fog, disrupted sleep, physical aches and pains, or even social withdrawal.

Improving Our Mindset

"We often think of stress as a thing that lives 'out there', but stress is actually an internal perception that we have. It's not always about the circumstances themselves; it's about what you're telling yourself about the circumstances that creates the stress," explains Grossman.

A 2016 study in *Anxiety, Stress, & Coping* examined the effects of altering our perspective on stress. Participants were encouraged to see it as a potential source of energy and resilience, rather than harmful. Those that applied this change in mindset reported better moods, enhanced cognitive performance and healthier physiological responses during a stressful task.

Try this psychological exploration: Identify limiting beliefs by journaling about the specific fears and guilt that come with saying "no" to a request for help. Next time someone asks for something, politely decline and observe the outcome. Check if expectations of conflict or hurt were unfounded. This approach challenges limiting assumptions and helps us set healthier boundaries, thereby reducing stress and enhancing emotional well-being.

Setting Healthy Boundaries

We often have countless ideas about how we should behave, and many of these beliefs hold us back. Grossman emphasizes that every "yes" adds to our demands. "If you're going to say 'yes', understand why you're saying it," Grossman cautions. "It should serve a purpose, because our resources are limited." In practical terms, we have to either lower the demands we accept or increase our resources, such as time or support, to meet them.

For Leibowitz, setting boundaries becomes easier when guided by values. If we want Thanksgiving to feel lighthearted and memorable, that might mean skipping elaborate dishes, accepting a less-than-perfect home and prioritizing rest so we can be present and joyful.

When a new request comes in, pause and reflect on how it aligns with personal values. Consider whether we are acting out of pressure. Release such commitments to make room for a new, better-aligned invitation.

Breathing Out the Stress

Simple breathing practices can profoundly calm the nervous system. "The point is to breathe—nice inhales, long exhales—and in letting out a long exhale, make a sigh of relief," Jain advises, suggesting that sounds like "ooo" or "ahh" during exhalation enhance emotional release.

Just five minutes of intentional breathing can make a measurable difference. Studies have demonstrated that longer exhales stimulate the vagus nerve, activating the rest-and-digest system, while calming the fight-or-flight response. This reduces heart rate and blood pressure and signals the brain to relax.

Try this breathing exercise: Sit or recline comfortably. Inhale gently through the nose, then exhale through the mouth, allowing sound to escape—this can be a sigh, a groan or a vowel tone. With each round, allow the exhale to lengthen naturally, releasing tension.

Transformative Singing

According to Jain, "Singing, whether by yourself or in groups, helps harmonize the body's rhythms, decreases inflammation and activates the nervous system's rest-and-digest response." A 2016 study by London researchers, published in *ecancermedicalscience*, demonstrated that just one hour of group singing reduced stress and improved mood, with saliva tests indicating lower levels of cortisol (the body's main stress hormone) and changes in immune markers associated with resilience.

Bringing the benefits of song can be as simple as singing or humming a tune while washing dishes, showering or driving to work. Knowing the lyrics isn't necessary; the vibrations alone create a positive resonance in the body.

Nature Therapy

Every breath we take is a dance between humans and plants. The oxygen they expel fuels us, and our exhaled carbon dioxide sustains them. This exchange is part of the deep bioelectric communication connecting us to the natural world.

"Fresh air, movement and connecting with nature are all natural antidepressants. Even a few minutes outside can be a powerful way to shift your experience," says Leibowitz. A 2016 review of 52 Japanese studies found that spending time in nature measurably relaxes the body. Being around forests, plants or green spaces calms the nervous system, improves brain function, balances hormones and strengthens the immune system.

Try this outdoor palliative: Find a patch of earth and stand barefoot. With eyes closed, imagine releasing the day's energies down into the ground. After a few breaths, visualize energy flowing back up, reinvigorating the body.

Calming Movement

Mind-body-spirit practices offer powerful ways to find inner serenity. "They are effective in harmonizing the nervous system, reducing inflammation and opening our connection with heaven and Earth," asserts Jain. Tai chi and qigong, which blend flowing movements with focused attention, breath and relaxation, have been shown in studies to pacify the overactive sympathetic nervous system and promote deep relaxation. Yoga offers similar effects. A 2020 review of 12 studies with nearly 675 healthy adults found consistent reductions in perceived stress, confirming yoga's power to ease everyday tension.

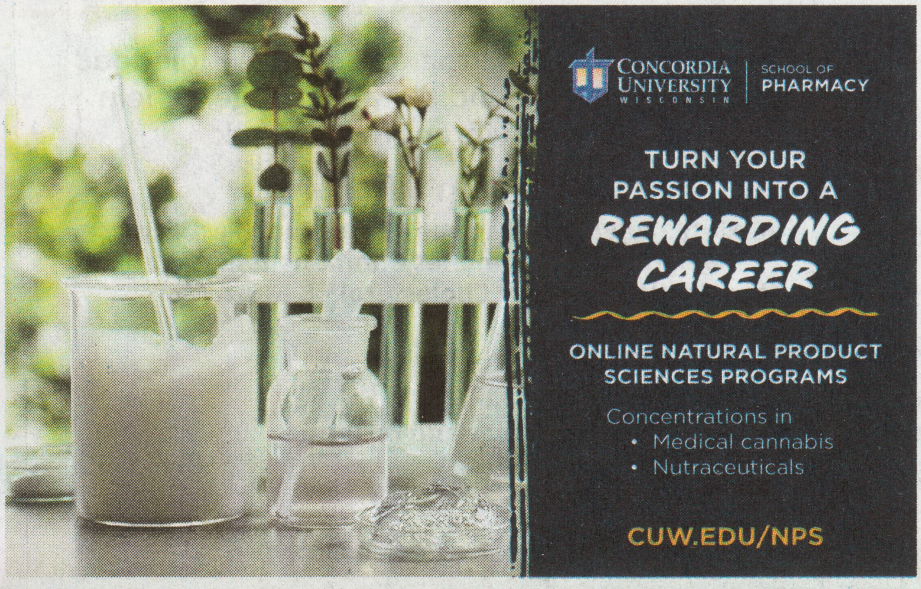
Practicing these modalities under the guidance of a professional helps reduce risk of injury. Look for a tai chi, qigong or gentle yoga class in the community. Many studios offer a free first class or sessions in a local park.

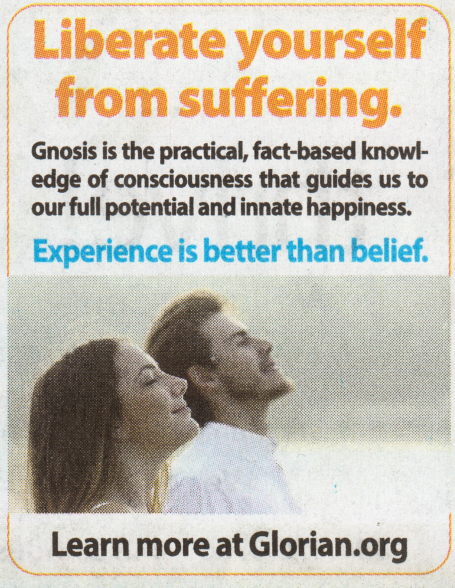
Rest as Wisdom

In a culture that glorifies hustle, reclaiming rest is an act of healing. Jain asserts, "We can move through the winter of our mind and body, allowing it to deeply rest so that when spring comes, we can move forward with more energy—for the right things, as opposed to everything." Nature offers a model for this wisdom. Although the natural world seems to be still in winter, vital work occurs beneath the surface. Just as fruit trees need a cold dormancy period to bloom again, we also require periods of quiet renewal. Our cycles of stillness are as essential to growth, creativity and productivity as our cycles of action.

Rest is more than sleep; it is a way of tuning in. "When we slow down, it's not just about regeneration," explains Jain. "It's about listening to the body's wisdom, slowing down enough to access deeper intuitions and guidance about our next steps." Our cycles of rest serve as a teacher. By slowing down, we gain the wisdom, focus and resilience to fully embrace a life renewed.

Hannah Tytus is an integrative health coach, researcher and content creator for KnoWEwell, P.B.C., as well as a former writer at the National Institutes of Health.





Navigating Life's Transitions

by Marlaina Donato

As autumn's wick burns low and sunsets unfurl their glory at an earlier hour, November emerges as a time of profound spiritual healing when we can learn how to navigate life's transitions. Whether we are challenged by the chill of cooler temperatures, battling the grip of seasonal affective disorder or enduring the unpredictable waves of inner change, this sometimes-dim threshold into winter presents an opportunity for us to illuminate our own paths.

We might have to work a little harder to achieve our comfort, but simple pleasures like unplugging from our devices every afternoon to savor a hot cup of tea or a mug of frothy hot chocolate can help us find a lovely groove. Stocking up on cozy slipper socks, making savory stews in the slow cooker and flopping into a favorite well-worn chair with an inviting book are easy ways to guide our nervous system toward a slower rhythm.

As trees, plants and animals prepare for winter, we too can heed nature's cue, despite our constant, on-the-go tendencies. The Persian poet Hafiz wrote, "I felt in need of a great pilgrimage, so I sat still for three days." This reminds us that seeking quietude can be a gateway to realizing that we already possess what we truly need.

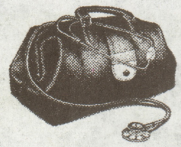
Tending to our own hearth—both literally and metaphorically—can be equally as enriching as traveling the world. Home is not just a physical structure that surrounds us, but also a rich and fulfilling realm within us. It's a sacred place where we can find soul nourishment as the seasons change outside our door.

Here are a few gentle nudges for the last month of autumn:

- Indulge in specialty teas, coffees or cocoas.
- Enjoy a candlelit breakfast or dinner.
- Burn a cinnamon stick as a natural incense.
- Take a moment to observe twilight and savor the tranquility.
- Luxuriate in soft blankets and fluffy pillows.
- Write a snail-mail letter on beautiful paper to a special someone.

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.

Holistic Care



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A Voice for the Green World

An Interview with Rosemary Gladstar

by Constance Frankenberg

Often called the godmother of modern herbalism, Rosemary Gladstar is the author of 12 books, founder of the International Herbal Symposium and United Plant Savers, creator of The Science and Art of Herbalism home study course, and cofounder of Sage Mountain Herbal Retreat Center, in Vermont. Although she has stepped back from active stewardship of Sage Mountain, she remains a beloved and inspirational figure in the herbal world. In this phone interview, she shares reflections on her lifelong relationship with plants and the call back to nature.

You've mentioned that plants began talking to you when you were young.

When I was 4 or 5, growing up on a dairy farm in Kenwood, California, there was a willow tree that felt like it called to me. I'd crawl up into its big branches—it was like it grabbed me.

Children naturally connect with tree spirits and plant fairies. That communication is instinctual. Years later, when I was in the Pacific Northwest, I came upon a fig tree covered in dew, and I heard the fir trees whisper, "Come down and drink me." That was long before I knew anything about flower essences.

How long does it take to really know a plant and form a relationship with it?

Sometimes it's instant. When I'm researching and studying—coming from the intellect—it takes longer. But some plants connect through the heart. There's an immediate sense of recognition. I'll lie down next to one and just know it. And the plant knows me. It's mutual.

Have you ever experienced anger from a plant?

Not anger, but I've felt deep grief—and even rage.

In my mid-20s, I returned to the Cascades and came across a vast area of clearcutting on Forest Service land. I was shocked—I thought that land was protected. I felt my own grief and rage, but what hit me harder was a grief beyond mine, like collective sorrow. The devastation was immense—clearcutting leaves more destruction than fire. It was like walking through a war zone.

What do you think of the idea that

plants guide their own migration and use humans, birds and others as vehicles?

I think it's true—we're not as in control as we like to believe. Our belief that we're made in the image of God has skewed our role into one of dominance, rather than caretaking.

This illusion has created enormous emotional loneliness, which in turn has led us to harm other beings. But we're all interconnected. Plants use us just as we use them. There's a greater intelligence at work. Plants are ancient and wise. They are our elders, and they live much richer, more extraordinary lives than we do.

What do you feel when you come upon a place where the land has been cleared, the green life erased?

It's heartbreaking. We have a tremendous capacity for destruction—and an equally powerful ability to love, to create art, to show compassion.

When I look through the lens of timelessness, I feel hope. The Earth has endured far more than us. There were once glaciers five miles high covering New England. Mountains 24,000 feet tall were ground down to 3,000 feet by moving ice. That perspective brings reassurance. Maybe the Earth is still an embryo—maybe we haven't even been born yet. It's part of the Great Mystery, and we won't solve it in our lifetime.

What's the first thing you would do when arriving at a piece of reclaimed land—no trees, no native groundcover?

I would begin the indigenous way—with prayer and intention, to realign with the purpose of the land and connect with its heartbeat.

Then I'd restore the soil, naturally, following principles like those taught by Paul Stamets. And finally, I'd replant native species—just a few at first. You can find out what once grew there through local wildflower guides or county extension programs. When you plant what's adapted over centuries, it supports the entire ecosystem. Native pollinators return. The whole community becomes healthier.

You've said your grandmother saw it as her religious duty to teach you about God and plants. You said you kept the part about plants.

Yes, for me, plants are a way to the Divine. They carry an incredible essence. There's a symbiosis in every breath—we exhale, they inhale. They exhale, we breathe. It's a divine relationship. Plants are part of every celebration. We wear them, we decorate with them, we mark life's moments with them.

There seems to be a growing interest in reconnecting with nature. Are plants calling us back?

Absolutely. Our green friends are in danger, and they're calling us home. We were born for this time—and when you love something, you stand up for it.

Herbalism went underground for a long time. Now it's rising again. Earth is in crisis, and all over the world, people are stepping up as protectors. It's like a rainbow of energy—beautiful and powerful.

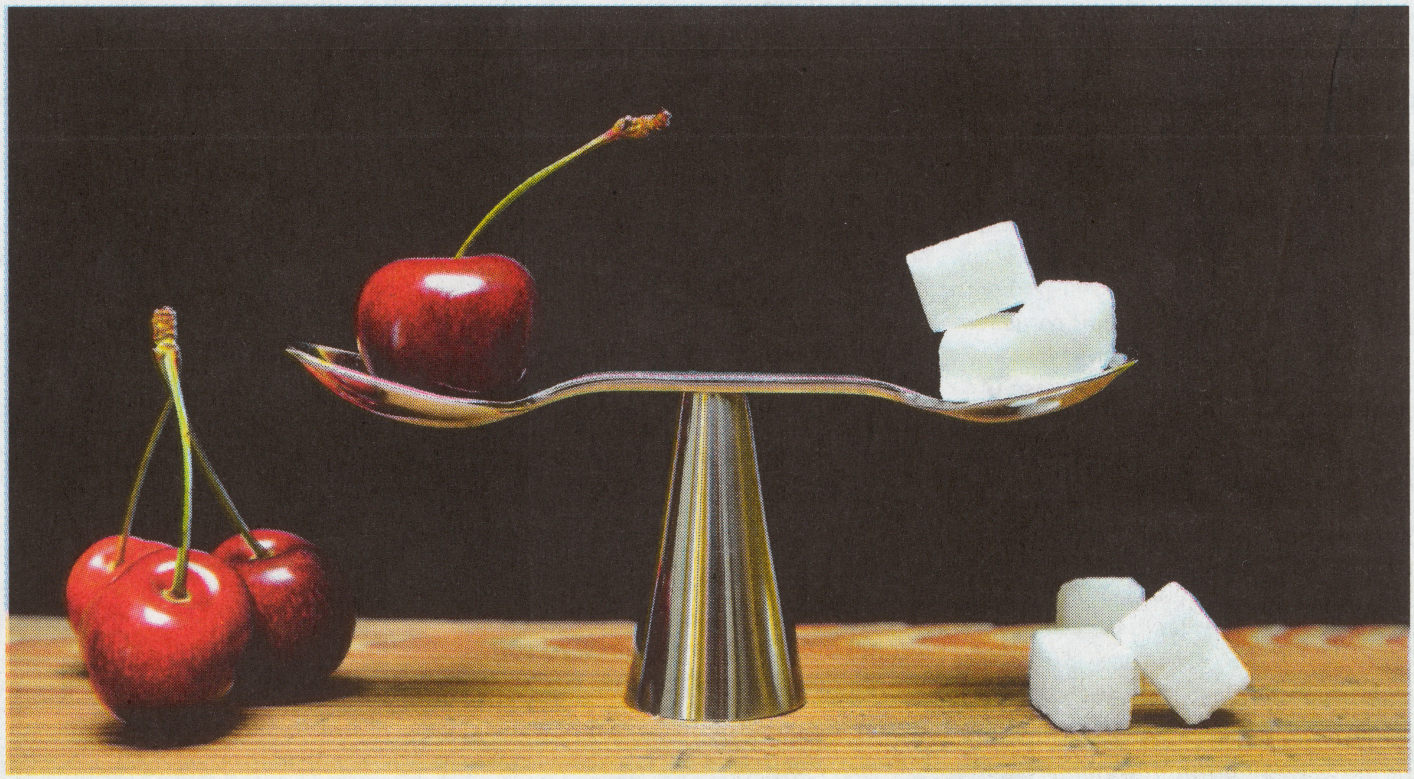
There's so much insecurity now. People are acting out of fear. But we have the tools, the leaders and the teachings to steady ourselves and support the Earth. We can help stabilize her in these rocky times.

Constance Frankenberg offers Animal Communication classes and workshops in the Mt. Dora, Fl area. Connect with her at 800-588-3659 or ConstanceFrankenberg.com.

Balancing Act

Blood Sugar Stability for Better Health and Mood

by Marlaina Donato



Approximately 34 to 36 million people in the United States live with Type 2 diabetes, yet many cases go undiagnosed. Additionally, about 88 million individuals have prediabetes, a reversible condition marked by higher blood sugar levels that have not yet reached diabetic status. Glucose stability is crucial for everyone and can be the root cause of symptoms like low energy (especially in the afternoon), mood swings, increased belly fat, food cravings, brain fog, hormonal imbalances and loss of libido.

Fluctuating blood sugar levels affect all of us, especially after high-carb meals or skipping meals. Our diet directly influences our metabolic processes. By choosing nutrient-dense foods, replacing high-sugar and high-carbohydrate snacks with healthier options and timing meals wisely, we can achieve balance. Incorporating blood sugar-stabilizing spices and herbs into daily meals can also have a positive impact.

Blood Sugar Basics

"Because glucose is a crucial fuel of the brain and body, there are many backup systems and ways to create glucose," explains Iginio Stoppa, a naturopathic doctor at Sonoran University of Health Sciences, in Tempe, Arizona. "The absorption of glucose from our food, the production of glucose mainly from the liver and the breakdown of the storage form of glucose called glycogen is what contributes to what we see as blood sugar." Stoppa also notes that we may notice when our blood sugar is off. Low blood sugar, for example, is often felt through symptoms like anxiety, weakness, tingling, sweating and palpitations.

"Everyone experiences natural rises and dips throughout the day. Skipping meals, leaning on caffeine for energy, eating a lot of refined carbohydrates or grabbing quick, processed snacks can all cause sharp spikes, followed by sudden crashes," says Jennifer Ribaudo, a clinical herbalist, educator and owner of Desert Moon Botanicals, in Gilbert, Arizona.

It is advisable to avoid high carbohydrate and sugary foods, especially in the morning

or before bed. Instead, opt for complex carbohydrates like lentils, beans, sweet potatoes and oats to provide essential macronutrients and prevent glucose spikes. Sonoran University recommends eating certain foods in a specific order, such as eggs or avocado before bread and roasted vegetables with olive oil before pasta, to manage glucose levels.

Eating and Snacking To Thrive

Jacqui Garrison, a San Diego-based health coach, suggests eating most calories before dinner and having an earlier, lighter evening meal to reduce overnight blood sugar spikes that can negatively affect sleep quality. She recommends 30 to 40 grams of clean protein per meal; if animal protein is included, five ounces or the size of a loose fist is ideal. Aim for two servings of leafy greens, colorful veggies or whole fruit per meal, equivalent to half the plate or two open hands. Add one to two thumb-sized portions of healthy fats such as avocado, olive oil or nuts to complete the meal.

For snacks, Garrison suggests a hard-boiled egg or hummus with a handful of carrots, a cup of edamame in the pod or nitrite-free turkey slices in the afternoon. For an evening boost, she recommends "something light and protein-forward like half a cup of cottage cheese with cinnamon and berries."

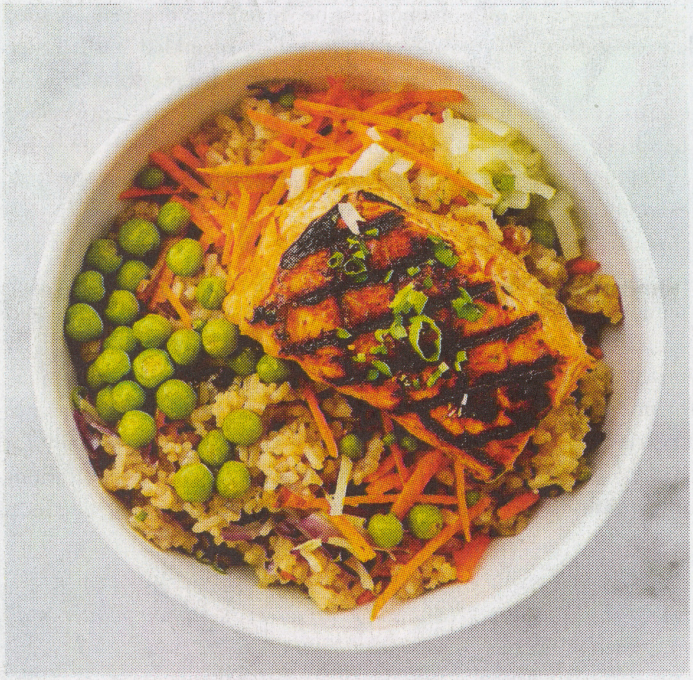
Stoppa supports high-quality protein and naturally low-glycemic index foods like wild blueberries, blackberries and chickpeas, which provide polyphenols and saponins that slow glucose absorption.

Herbal Help

Ribaudo emphasizes that blood sugar-supportive herbs can smooth out fluctuations. "Using herbs for blood sugar balance doesn't have to be complicated. A little cinnamon can be stirred into oatmeal, blended into a smoothie or sprinkled into roasted vegetables or beans. Fenugreek seeds work beautifully in soups, curries and lentil dishes, while moringa leaf powder blends smoothly into salad dressings, sauces or soups."

Ribaudo also recommends Gymnema sylvestre tincture for pancreatic support and long-term glucose balance, making sugary foods less tempting. Stress-reducing holy basil (tulsi) tea is beneficial during afternoon slumps. She stresses the importance of consulting a professional, especially for those on blood sugar-lowering medications or prone to hypoglycemic dips, as effects can accumulate.

Marlaina Donato is an author, painter and composer. Connect at WildflowersAndWoodSmoke.com.



ASIAN SALMON POWER BOWL

This delicious, nutrient-dense meal is packed with healthy fats, fiber and omega-3 fatty acids.

YIELD: 1 SERVING

4 oz salmon
½ cup whole grain brown rice
½ cup edamame
1 Tbsp scallions, chopped
1 Tbsp fresh cilantro, chopped
½ cup carrots, shredded
½ cup cabbage or bok choy, shredded
½ Tbsp sesame seeds
1 Tbsp coconut liquid aminos
1 Tbsp rice vinegar

Cook the rice according to package instructions. Steam and shell the edamame. Sauté the cabbage or bok choy, if using. Grill the salmon and season to taste.

Layer cooked rice, edamame, carrot and cabbage or bok choy in a bowl. Add salmon.

Whisk coconut aminos and rice vinegar together then pour over the contents of the bowl and sprinkle with sesame seeds. Top with scallions and cilantro.

Recipe courtesy of Jacqui Garrison.

OVERNIGHT CINNAMON DATE OATS

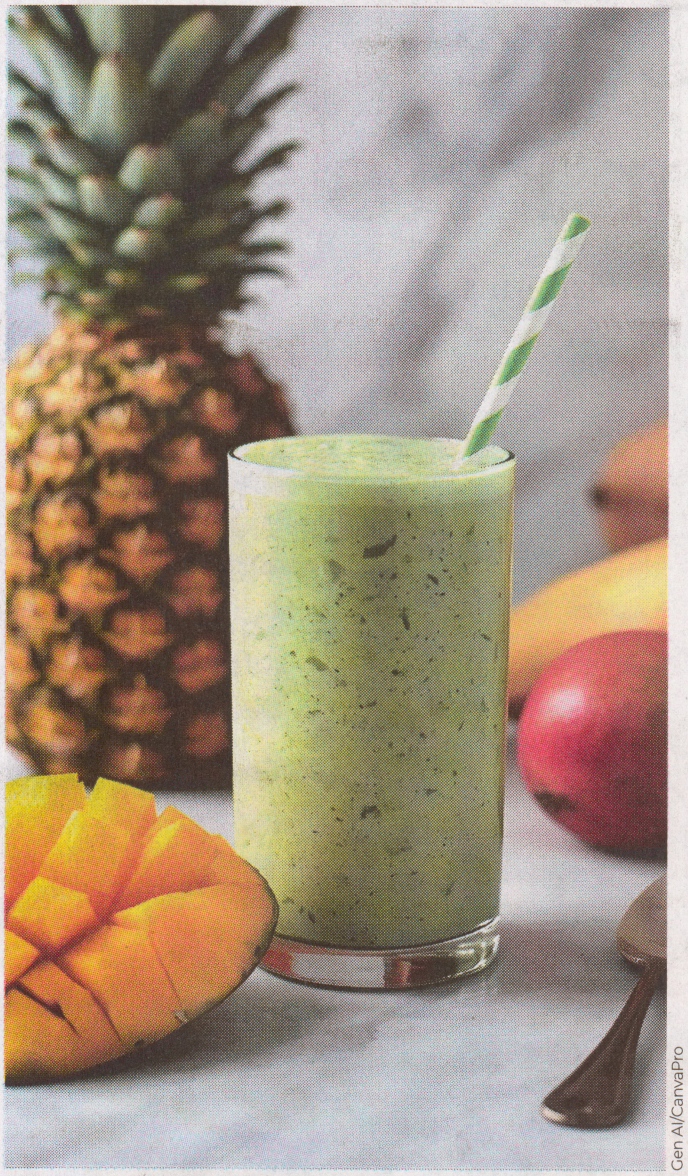
This is a perfect late-autumn breakfast or snack with protein, healthy fats and complex carbohydrates.

YIELD: 1 SERVING

½ cup organic rolled oats
1 Tbsp ground flaxseeds
¼ cup organic, unsweetened peanut, almond or sunflower butter
1 to 2 Medjool dates, finely chopped
¾ cup unsweetened coconut, almond or soy milk
½ tsp vanilla extract
½ tsp powdered Ceylon cinnamon

Place all ingredients in a bowl or Mason jar and stir well. Store overnight in the refrigerator for cold oats or on the counter for room-temperature oats in the morning.

Recipe courtesy of Marlaina Donato.



Gen AI/CanvaPro

TROPICAL SMOOTHIE

YIELD: 1 SERVING

1 scoop vanilla protein powder
1 scoop collagen powder
2 Tbsp basil seeds
½ cup water
½ cup unsweetened coconut milk
¼ cup frozen mango
¼ cup frozen pineapple
1 cup frozen greens
½ cup cauliflower, riced

Combine all ingredients in a blender and whip until smooth.

Recipe courtesy of Jacqui Garrison.

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The Virtual Care Revolution for Pets

Tips for Navigating Telemedicine and Teleadvice Platforms

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

Virtual care, including online consultations with licensed veterinarians and wellness professionals, has become essential in modern pet health. While many pet parents are familiar with telemedicine, teleadvice is less understood. Comprehending their differences and limitations is important.

Telemedicine

The American Veterinary Medical Association defines telemedicine as patient-specific medical care delivered by licensed veterinarians with an established veterinarian-client-patient relationship, which typically requires an in-person examination before a veterinarian can legally diagnose, prescribe or treat via virtual platforms. It complements in-person care, merging professional expertise with convenience.

Through telemedicine, veterinarians can diagnose common health concerns, recommend treatments, prescribe medications where permitted by law and provide follow-up care for ongoing conditions. Everyday issues such as skin irritations, minor allergies, digestive upsets, appetite changes and certain behavioral questions can often be addressed in a video consultation, giving pet owners reassurance and a clear plan of action. For animals with chronic conditions, virtual check-ins provide a stress-free way to monitor progress without frequent clinic visits.

Telemedicine services are most trusted and valued when delivered by a familiar veterinary provider. A 2024 randomized, controlled clinical trial in the *Journal of the American Veterinary Medical*

Association found that pet owners are highly satisfied with telemedicine conducted by their regular veterinarian and prefer video-based recheck examinations after routine procedures. These findings support earlier research in *Preventive Veterinary Medicine* indicating that pet owners are willing to pay for telemedicine services provided by their own veterinarian.

Teleadvice

Any consultation with non-veterinary professionals or pet health experts is considered teleadvice. It is educational, offering guidance such as encouraging annual wellness exams, promoting year-round parasite prevention or supporting better nutrition and lifestyle choices. While it can enhance a pet's well-being, teleadvice does not involve diagnosing, prescribing or treating an animal.

Complementary teleadvice can add real value to a pet's well-being, especially when delivered by certified professionals. Recent research in *Frontiers in Veterinary Science* demonstrated how video appointments improved cat parents' understanding of their pet's chronic mobility challenges and the application of at-home management strategies. Many pet health coaches deliver their services exclusively through online platforms. These virtual sessions can guide pet parents through dietary planning, safe exercise routines or stress reduction strategies.

Laura Muzal, a holistic intuitive animal practitioner and certified holistic pet health coach, offers virtual consultations focused on nutrition, lifestyle support and energy work. "Meeting with pet parents virtually allows me to understand their concerns in real time, support them from anywhere and help them create simple, practical steps they can follow at home to support their animal's well-being," she says.

From the pet parent perspective, online consultations can still be done with compassion while providing ample time to explain strategies and answer questions. Muzal says that pet parents describe feeling more confident and empowered to address their pet's recurring health concerns after their virtual sessions. She also gets feedback that pet parents find their pets are calmer and more balanced with online meetings.

Making the Right Choice

With the convenience of virtual consultations comes the responsibility to stay informed. Not every professional offering advice online operates under the same legal or ethical framework. Before booking any virtual consultation, pet parents must confirm who they are speaking with and under what authority they operate. Verifying whether the provider is a licensed veterinarian or a certified pet health expert helps ensure the advice given is appropriate and trustworthy. This clarity allows pets to receive the right care from the right expert at the right time.

Ruth Roberts is an integrative veterinarian and a holistic health coach for pets, as well as the creator of The Original CrockPet Diet. Learn more at DrRuthRoberts.com.

SATURDAY, NOVEMBER 1

Scarlett Mitchell Woods Workday – 9am-12pm. Will be spreading wood chips, trash cleanup along old Ellsworth and removal of invasive buckthorn and honeysuckle. Free. Scarlett Middle School, 3300 Lorraine St, Ann Arbor. Tinyurl.com/36bnuf74.

Dexter Winter Farmers Market – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Huron River Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Shamanic Sound Journey with Cacao and Guided Journaling – 2-4:30pm. Mary Ledvina will lead you in connecting with the spirits to receive guidance, healing and reassurance. $45-$60 sliding scale. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

SUNDAY, NOVEMBER 2

Wonder Walk: Fall Foray – 1-2pm. Explore the Trails at Matthaei as we search for nuts, dried flowers, beautiful dried leaves, and other materials to make a fall bouquet to take home. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

WEDNESDAY, NOVEMBER 5

Full Moon Serenade (Beaver Moon) – 7-9pm. We walk in the dark to the pond (hopefully in the moonlight). Where we serenade the moon at the benches. At 8:30pm, you can continue the walk around the loop (about 15 mins) or walk back to where we started. Free. Scarlett Middle School, 3300 Lorraine St, Ann Arbor. Tinyurl.com/yc5d7vvn.

FRIDAY, NOVEMBER 7

Activating Women's Retreat – Nov 7-9. Activate your heart energy to Spirit and God. In this group healing retreat, you will experience tandem energy work, aligning organs, balancing chakras, grounding, past life regressions, rife frequencies and more. $799/Fri & Sat; $299/Sun. PARC, 650 Church St, Plymouth. 734-934-7271. More info: UniversalEnergyWellness.com.

Fireside Fun – 6:30-8:30pm. There's nothing quite as relaxing as sitting around a campfire, roasting marshmallows and swapping stories. Free. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Yoga Nidra Workshop – 7-8:30pm. This gentle workshop pairs a calming yoga practice with guided yoga nidra meditation. Suitable for all fitness and experience levels. $30/$35. Crysterra Wellness at Bates Elementary School, Bates Gym, 2704 Baker Rd, Dexter. CrysterraWellness.com.

SATURDAY, NOVEMBER 8

Workday at Sharon Hills Preserve – 10am-12pm. Volunteers will help remove invasive woody species. Sharon Hills Preserve, Sharon Hollow Rd, Sharon. LegacyLandConservancy.org.

Let's Get Nuts: Class and Tasting – 4-6pm. Learn the nuts that were important in the Great Lakes region. $50. Irish Hills, 900 Twin Lake, Tipton. Details: WillForageForFood.com.

TUESDAY, NOVEMBER 11

3rd Anniversary Tea Party – 2-4pm. Drop-in for treats and hand-crafted herbal teas. Learn about our healing experiences, movement classes and creative learning opportunities. Tour the healing center and meet the practitioners. Shop the amazing boutique. Free. Angel Whispers Healing Center, 3045 Baker Rd, Dexter. 734-355-2808. AngelWhispers.org.

Veterans For Peace Concert – 7:30pm. A benefit for the Veterans for Peace Chapter 93 scholarship fund. $24. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, NOVEMBER 12

The Nature & History Behind Iron Creek Preserve – 2-4pm. Session 4: Glaciers & Early People. With Sybil Kolon. Free. Iron Creek Preserve, 11703 Noggles Rd, Manchester. Registration required: LegacyLandConservancy.org.

Wonder Walk: Fall Fragrances – 5:30-6:30pm. Discover the history and uses of aromatic spices, and create a scented sachet to bring the warm, relaxing scents of spices into your home. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Habitat Restoration in One of America's 200 Last Great Places – 6:30-8pm. Speakers: Jon and Susan Cross are passionate about restoring the rare habitat where they live: The Oak Openings Region of NW Ohio and SE Michigan. Free. Matthaei Botanical Gardens, Auditorium, 1800 N Dixboro Rd, Ann Arbor. AnnArbor.WildOnes.org.

THURSDAY, NOVEMBER 13

Hormones in Balance – 7-7:45pm. Will cover: The 3 Core Principles of Perimenopausal Health: 1. Hormonal chaos is often nervous system chaos. 2. Stress is the root amplifier of perimenopausal symptoms. 3. You don't need hormones or meds you need nervous system regulation & lifestyle alignment. Free. Novi Chiropractic Clinic, 23975 Novi Rd, Ste A101, Novi. 248-380-9444. NoviChiropractic.com.

SATURDAY, NOVEMBER 15

Dexter Winter Farmers Market – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Huron River Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Invasive Species Removal – 10am-1pm. Help remove invasive shrubs in the natural areas to restore this beautiful woodland habitat. Trinity Health Ann Arbor, 5251 McAuley Dr, Ypsilanti. Register: hrwc.org.

Ann Arbor Orchid Society Show – Nov 15-16. 10am-4:30pm. Free admission and classes. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Wild Mushroom Extavaganza: ID Class and Dinner – 12-3pm. Learn the basic vocabulary required for mushroom identification, and practice recognizing features and keying out specimens. $75. Tantre Farm, 2510 Hayes Rd, Chelsea. Details: WillForageForFood.com.

The Gratitude Gala – 6:30-9:30pm. Hosted by Yoga Moves MS. Join us as we celebrate those in the MS community who advocate, provide leadership and uplift those with MS, Parkinson's disease and other neuromuscular disorders. Tickets include dinner, live music, open bar, a silent auction, entertainment and a celebration of the honorees. $150; Pre-Glow: $180. The Mint at Michigan First Conference Center, 27000 Evergreen Rd, Southfield. 248-417-5985. Register: cbo.io/app/public/bidapp/ymms25.

SUNDAY, NOVEMBER 16

Wonder Walk: Feathered Friends – 1-2pm. As the leaves fall, it's easier to see our winter bird friends. Take a walk and learn about winter birds that you might see at your feeder. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Pet Loss Support Group – 1-2:30pm. With Cōlleen O'Brien. Features guided

discussions, remembrance rituals and opportunities for reflection and connection. In-person or Zoom. Free; donations appreciated. HSHV's Conference Room, 3100 Cherry Hill Rd, Ann Arbor. 734-661-3575. hshv.org/petloss.

Thanksgiving Feast & Fundraiser – 2-6pm. Hosted by VegMichigan and Great Lakes Rabbit Sanctuary to benefit both nonprofits. Vegano Italiano will be preparing a delicious dinner with their famous "meatloaf" and all your favorite Thanksgiving side dishes. A suggested donation of $10 supports both organizations and a meal will be available for $20, with additional sides for purchase. Great Lakes Rabbit Sanctuary, 8260 Judd Rd, Willis. Tickets: VegMichigan.org.

WEDNESDAY, NOVEMBER 19

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. $3, free/members, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, NOVEMBER 20

Living in the Liberated Landscape Webinar – 7-8pm. With award-winning landscape designer Larry Weaner. He will share practical strategies for designing dynamic gardens that evolve naturally, support biodiversity and bring lasting beauty to your yard. Free. AnnArbor.WildOnes.org.

SATURDAY, NOVEMBER 29

The RFD Boys – 8pm. Legends of Michigan bluegrass. $16. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SUNDAY, NOVEMBER 30

Gemily – 1pm. Gemily (Gemini + Emily) is the folk music trio comprised of Laz and San Slomovits and San's daughter, Emily. $18.50, $13.50/kids 12 and under. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

PLAN AHEAD

SATURDAY, DECEMBER 6

Invasive Species Removal – 10am-1pm. Help remove invasive shrubs in the natural areas to restore this beautiful woodland habitat. Trinity Health Ann Arbor, 5251 McAuley Dr, Ypsilanti. Register: hrwc.org.

Classifieds

LAND FOR SALE

PERFECT FOR HOSTING A BURNING MAN-STYLE FESTIVAL – without the mud and storm chaos of this year's event! Just 90 miles from Las Vegas off Route 93, this 68-acre off-grid desert retreat features 6 domes, sustainable infrastructure, RV site permits, fruit orchards, and unlimited festival permitting. Level land. No flood zone. No drama. Bruce Perlowin. 323-420-6990.

UPSCALE THRIFT

CASS & CO.

GIFT SHOPPE

Where style meets sustainability. There's something for everyone inside! We offer a variety of high quality items at an affordable price. Everything from clothes, purses, shoes, decor, handmade items, jewerly and much more for the whole family. Its not just about shopping, but shopping with intention.

REUSE ~ REPURPOSE ~ RELOVE

Mention this ad to get a discount of 20% off entire purchase.

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Follow us on social media to stay up to date with our sales, specials & events @cassandcothrift for instragram/facebook/tiktok

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MARY LIGHT ND MH LMT

Health Consultations by appt.

www.naturopathicschoolofannarbor.net

734-769-7794

DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: Calendly.com/d/4dc-gws-6fw/discovery-call. For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: Castle Remedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: Castle Remedies.podia.com.

Free Online Programs – Practical Buddhism, Healing and Compassion Meditation, Group Practice, White Tara Guided Healing Meditation, Sunday Talks. Jewel Heart Tibetan Buddhist Learning Center: 734-994-3387. JewelHeart.org.

Oracle Readings – With Dominique Lavoisier, owner of Mediumship with Angels LLC. Incorporates higher-dimensional energies to offer additional insights and support. Florida-based; all readings done remotely. For appt or more info: MediumshipWithAngels.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations take about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end-of-life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

WEEKLY

Jewel Heart Ann Arbor Programs – Includes courses, weekly meditation and social activities. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Jewel Heart Bloomfield Hills Programs – Includes courses, weekly meditation and social activities. Theosophical Society, 27745 Woodward Ave, Berkley. 734-239-5985. JewelHeart.org.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

White Tara Guided Healing Meditation – 10:30-11:30am. In-person & Zoom. Free. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Critter House Open Hours – 12-3pm. A great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. Suggested donation: $5/person, $20/family. Leslie Science & Nature Center, 1831 Traver Rd, Ann Arbor. DiscoverScienceAndNature.org.

Wonder Walks – 1pm. Also Wed, 5:30pm. Designed for all ages to inspire curiosity and learning from each other through activities that model curiosity and honor nature. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Guided Group Breathwork – 6-7:30pm. 1st & 3rd Sun. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Free, donations welcome. Huron Valley Aikikai, 1904 Federal Blvd, Ann Arbor. Registration required: ThisBreath.com.

Guided Group Breathwork – 6-7:30pm. 4th Sun. See description above. Dzanc House, 402 S Huron St, Ypsilanti. Registration required: ThisBreath.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Mindful Dexter – 12-12:30pm. Last Mon. A short 30-min guided meditation that is a simple and practical mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/mindfuldexter.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to

join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Neverending Lam of Liberation – 7-8:30pm. With Demo Rinpoche. In-person & Zoom. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Hatha-Flow Yoga for Wellness – 7:30-8:30pm. Beginner/Level 1; Intermediate/Level 2. Moderately challenging yoga practice. Suitable for those with a moderate fitness level, some yoga experience helpful but not necessary. In-person or online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/3fw4ezrm.

WEDNESDAYS

Morning Flow Vinyasa Yoga – 7:30-8:15am. Beginner/Level 1; Intermediate/Level 2. Get up and get your body moving through a series of fluid postures flowing through sequences of sun salutations, standing and seated postures in this energizing class. $14/class. Livestream. Tinyurl.com/3jp9vsbn.

CEW+Inspire Midweek Mindfulness Guided Sit – 12:15-12:45pm. This virtual community of practice is open to all, whether new to mindfulness or seeking to deepen an existing practice. Registration is simple; sign up once to receive ongoing access to weekly Zoom sessions. Cew.Umich.edu.

Wonder Walks – 5:30pm. See Sun listing. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

THURSDAYS

Class Observation – 11-11:30am. Also Fri. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

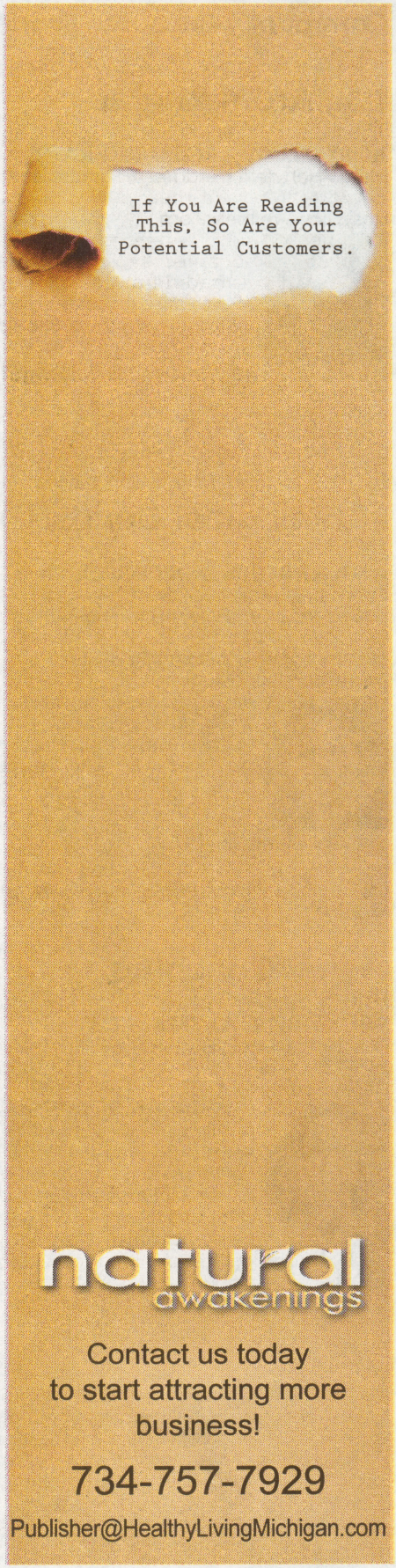
Mindful Dexter – 7:30-8pm. 3rd Thurs. A short 30-min guided meditation that is a simple and practical mid-month mindfulness tune-up that you can access from wherever you are. Zoom. Tinyurl.com/indfuldexter.

Gentle Restorative Yoga for Stress & Anxiety Relief – 7:30-8:30pm. Beginner/Level 1. Create harmony and balance of body and mind through physical postures, breathing techniques and an extended guided relaxation at the end of class. In-person & online. $14/class. Crysterra Wellness, Dexter Early Education Complex, Beacon Gym, 7480 Dan Hoey, Dexter. 734-649-1849. Tinyurl.com/4u9e7jsm.

SATURDAYS

Volunteer Workday – Thru Nov. 8am-12pm. Scio Outside will host a volunteer workday at rotating preserves. Will focus on invasive species management, trail building or planting native species. Free. More info: ScioTownship.org/volunteering.

Mindful Dexter – 9:30-10:30am. 2nd Sat. Includes a 25-30-min guided meditation, a few minutes of silent meditation, followed by time for comments/questions and a discussion on a mindfulness topic. Dexter Library, 3255 Alpine St, Dexter. 734-476-8474. Tinyurl.com/mindfuldexter.



Aromatherapy

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

Biological Dentist

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

Coaching

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Coaching@BeckyBortak.com
248-931-0944
BeckyBortak.com

I believe everyone can create a fulfilling and meaningful life, and I can help you achieve that. I offer one-on-one coaching. My areas of expertise include career coaching and confidence-building.

Education

CONCORDIA UNIVERSITY WISCONSIN
School of Pharmacy
CUW.edu/NPS

Take the next step toward a career that makes a difference! Discover Your Future in Natural Product Sciences with our flexible graduate programs. Choose from a 30-credit online Master's degree or a 12-credit graduate certificate, both designed to fit your life and goals. Specialize in medical cannabis or nutraceuticals, and prepare for exciting roles in healthcare, pharmacy, research and development, manufacturing, business and beyond. *See ad page 16.*

MARY LIGHT NATURAL MEDICINE
nshaassociates@gmail.com
734-769-7794

Natural Medicine Certification training! open for registration. A year long series to begin October. Advanced registration necessary. Welcoming calls and visits. *See ad page 27.*

Energy Enhancement & Wellness

MIRACULOUS ENERGIES
(A Private Membership Association)
MiraculousEnergiesAssociation@gmail.com
517-599-4949
MiraculousEnergies.com

The EESystem combines Body, Mind, Spirit and Science. This system generates multiple bio-active life-enhancing energy fields, including scalar waves and a morphogenic energy field, also known as scalar vortex. When combined with light as biophotons, it can interface with the body's DNA matrix and promote wellness. *See ad page 11.*

Health Food Store

BETTER HEALTH MARKET & CAFE
3500 Washtenaw Ave, Ann Arbor
734-975-6613
BetterHealthMarket.com

Michigan's #1 source for organic foods, vitamins and more. Better nutrition at better prices, all backed by better advice from our nutrition experts. You will find; organic produce, all the top-quality vitamins and supplement brands, sports nutrition and proteins, delicious prepared foods, desserts, an organic salads, soup and hot bar, natural bath, body and aromatherapy products, green home products. Get rewards through our APP. *See ad page 21.*

Holistic Doctor

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads pages 10 and 17.*

Homeopathic Pharmacy

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 19.*

Lomi Lomi Bodywork

MANTRA MAMMA HEALING ARTS
SacredShumani@gmail.com
734-846-9949
Facebook.com/truetribeMICH/

Sacred Lomi Lomi sessions, an ancient Hawaiian tradition offered at Mantra Mamma Healing Arts, offer a profound mind-body-heart connection for those seeking emotional healing and restoration.

Mobile Holistic Veterinary Services

WHOLE LIFE VETERINARY SERVICES
WholeLifeVet@gmail.com
517-474-4050
WholeLifeVeterinary.com

WHOLE LIFE
VETERINARY SERVICES

Give your horse or pet the benefit of both worlds with a combination of Western medical knowledge and Traditional Chinese Veterinary Medicine and acupuncture in the comfort of your own home or barn. We are committed to providing you with the best holistic pet health. We provide holistic care, in-home euthanasia, and equine lameness care. *See ad page 25.*

Mold Testing & Remediation

MOLDPRO
John Du Bois, CMI, CMR, CCMI
247 W. Main Street, Milan
734-439-8800 · MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

Natural First Aid

DOCTOR RADOW'S POVIDONE-IODINE OINTMENT
DoctorRadows@gmail.com
386-414-1809
DoctorRadows.com

DOCTOR RADOW'S

This hospital-grade ointment provides fast, effective healing for cuts, scrapes and wounds—without antibiotics, sting or scarring. Used by medical professionals, it's now available for home use without a prescription to support clean, confident, everyday care. *See ad page 5.*

Nature-Oriented Meeting Space

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 17.*

Neurofeedback

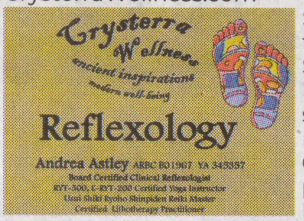
ALCHEMY HOLISTIC COLLECTIVE
105 E. Middle Street, Chelsea
734-210-1922
AlchemyHolisticCollective.com

ALCHEMY
HOLISTIC COLLECTIVE

ALCHEMY Holistic Collective is the area's only IASIS Micro Current Neurofeedback provider. Find lasting support for anxiety, depression, ADHD, insomnia, OCD, addiction, TBI, migraines, pain issues and more - for the entire family! *Natural Awakenings* readers can receive $150 off the purchase of a Neurofeedback package. *See ad page 5.*

Reflexology & Reiki

CRYSTERRA WELLNESS
Andrea Astley ARCB BO1967 YA 345357
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com



Suffering from the effects of Stress, Fatigue, Hormonal Issues, Burn-out, Inflammation, Chemotherapy, Insomnia, Depression, Chronic Pain and/or Digestive issues? REFLEXOLOGY CAN HELP! Reflexology can assist in addressing many physical and emotional health concerns. Experience the difference a highly skilled, Board Certified Clinical Reflexologist can make as part of your Wellness Team!

Smoking Cessation

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 5.*

Weight Loss

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734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 5.*

Wellness Center

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

thrive!
Wellness Center

At Thrive! Wellness Center Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 15.*

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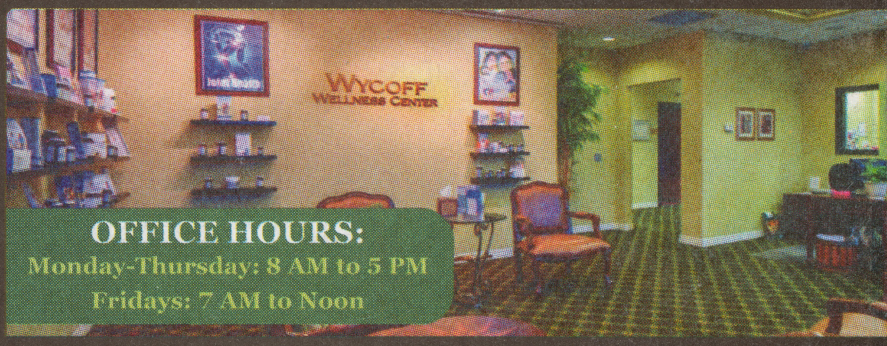
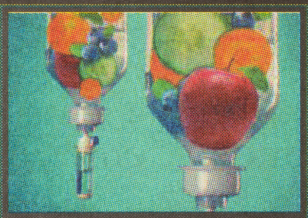
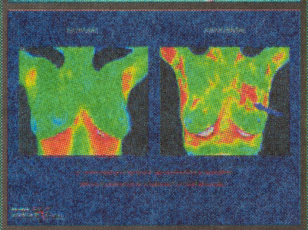


OFFICE HOURS:
Monday-Thursday: 8 AM to 5 PM
Fridays: 7 AM to Noon





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Your Functional Medicine Expert in Mid-Michigan!

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Ultraviolet Blood Irradiation with Ozone Infusions
Galleri Early Cancer Detection Blood Testing
Intravenous Nutrient Infusions
Intravenous EDTA Chelation Infusions
Detoxification • Colon Hydrotherapy
Far Infrared Sauna • and More!

Dr. John Wycoff

*"We are committed to finding the **CAUSES** of your symptoms; not just treating your symptoms."*